

# Cryptosporidiosis

## What is Crypto?

- A microscopic parasite (*Cryptosporidium*) that causes diarrhea.
- Crypto is found in infected people’s stool.
- The parasite is protected by an outer shell that allows it to survive for long periods of time and protects it from normal pool chlorine levels.

## Why should I be concerned about crypto?

- In the past 20 years, crypto has become one of the most common causes of waterborne illness in the United States. In fact, crypto is found in every part of the United States and the world.

## How is crypto spread?

- By swallowing water contaminated with crypto. Swimming pools, hot tubs, jacuzzis, fountains, lakes, rivers, springs, ponds, or streams can become contaminated with crypto if exposed to the feces of a human or animal that is infected with crypto.
- By putting an object in your mouth or swallowing something that has come in contact with the stool of a person or animal infected with crypto.

## How do I protect myself and my family?

- Don’t swim when you have diarrhea. Wait 2 weeks after diarrhea has ended before swimming.
- Don’t swallow swimming pool water.
- Take a shower with soap & warm water before swimming, and focus on cleaning the area around the bottom.
- Wash your hands after using the toilet or changing diapers.
- Change diapers in the bathroom and not at the poolside.
- Wash your child with soap & water, especially the rear end.
- Take children for bathroom breaks and change diapers often.

For More Information Contact Your Local Health Department  
or the Utah Department of Health at 801-538-6191

